

School Sport

07h30 - 08h30

Registration + Networking

08h30 - 10h20

John Underwood, US Navy Seals Performance Consultant
Recovery + Impact of Sleep on Performance

Dr Mike Marshall
Injury Prevention Strategies for Schools

10h20 - 10h50

MORNING TEA - NETWORKING

10h50 - 12h40

Champion Athletes
Raising a Champion
Panel discussion with parents of World Champions

12h40 - 13h40

LUNCH- NETWORKING

13h40 - 15h30

Dr Rowena Naidoo, SAIDS
SAIDS: Testing Protocols for Schools

Keri Strachan, John Underwood
Sports Nutrition and Supplementation

15h30 - 16h00

AFTERNOON TEA - NETWORKING

16h00 - 17h30

Tim Goodenough
High Performance Communication Skills

Ross Tucker
Early vs Late Specialization

Myan Subrian
Building Confidence for Peak Performance

Biokinetics, Strength & Conditioning

Venue	Prime Human Performance Institute
07h30 - 08h30	Registration + Networking
08h30 - 10h20	Gareth Walton, EXOS Mechanics of Multi Direction Speed John Underwood, US Navy Seals Performance Consultant CNS Readiness + Performance
10h20 - 10h50	MORNING TEA - NETWORKING
10h50 - 12h40	Steve Powell Preparation & Recovery for Optimal Performance Eddie Fletcher Watt Bike Mastery
12h40 - 13h40	LUNCH - NETWORKING
13h40 - 15h30	Gareth Walton Reinventing the Warm Up to Prepare for a Particular Session Focus Johan Pretorius Conditioning Program Design
15h30 - 16h00	AFTERNOON TEA - NETWORKING
16h00 - 17h30	John Underwood Sleep + Recovery Gareth Walton Function to Dysfunction, Training through Movement to Enhance Performance

Coaching

07h30 - 08h30

Registration + Networking

08h30 - 10h20

Desiree Vardhan

South African Sports Coaching System

Dr Kevin Subban, South African Olympic Team Doctor

What Coaches Need to Know about Illness and Injury

10h20 - 10h50

MORNING TEA - NETWORKING

10h50 - 12h40

Rachel Spry, International Olympic Committee

The IOC Athlete Learning Gateway

Panel Discussion

The Voice of the Coach

12h40 - 13h40

LUNCH - NETWORKING

13h40 - 15h30

Josep Escoda, C.A.R. Barcelona, Tracy Lamb, USA

Highlights of the IOC's ICECP Coaching Course

John Underwood, US Navy Seals Performance Consultant

Athlete Lessons from the US Navy Seals

15h30 - 16h00

AFTERNOON TEA - NETWORKING

16h00 - 17h30

John Underwood, US Navy Seals Performance Consultant

Athlete Mood Measurement

Panel Discussion with Leading Coaches

Principals for Successful Coaching

Sport Africa

07h30 - 08h30

Registration + Networking

08h30 - 10h20

Gideon Sam (SASCOC) Tuelo Serufho (COSANOC)
Anna Mnguni (ZOC) Stanley Mutoya (AUSC Region 5)
Panel Discussion

Natalie Du Toit, Rachel Spry
Voice of an Athlete

10h20 - 10h50

MORNING TEA - NETWORKING

10h50 - 12h40

Alec Lenferna, KZN Cycling
Development Model: Cycling

Ingrid van Gelder
Dual Career

12h40 - 13h40

LUNCH - NETWORKING

13h40 - 15h30

Fetsi Mbele
How to Secure Corporate Partnerships

Dr A Mansingh
The Jamaican High Performance System

15h30 - 16h00

AFTERNOON TEA - NETWORKING

16h00 - 17h30

Toby Sutcliffe
Setting Up a High Performance System

Mondli Linda
High Performance in the Rural Setting

Physiotherapy

Venue	Prime Human Performance Institute
07h30 - 08h30	Registration + Networking
08h30 - 10h20	John Underwood, US Navy Seals Performance Consultant Sleep + Recovery
	Dr Francesc Cos, FC Barcelona The FC Barcelona Approach to Injury Management
10h20 - 10h50	MORNING TEA - NETWORKING
10h50 - 12h40	Dr Kevin Subban Sports Medicine in Olympic Sports Codes
	Alicia Lamb, USOC Soft Tissue Therapist The "Team" in Medical Team
12h40 - 13h40	LUNCH - NETWORKING
13h40 - 15h30	Steve Powell (UK), Powerplate Master Trainer Use Of Whole Body Vibration in Rehab Injury Prevention + Tissue Recovery
	Wayne Holroyd (Prime Head Physiotherapist) Dr A Mansingh (Jamaican Sprint Team) Biomechanics in Sprinters
15h30 - 16h00	AFTERNOON TEA - NETWORKING
16h00 - 17h30	Dr Phatho Cele-Zondi (SSISA) Sports Medicine Update
	Gareth Walton (EXOS) Mechanics of Multi Directional Speed